



SBRC Gym Schedule

July 20-26

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
6:00am	Open Gym 6:00-9:00		Open Gym		Open Gym 6:00-8:50		Open Gym		Open Gym 6:00-12:00					
6:30am			Bootcamp 6:30-7:30				Bootcamp 6:30-7:30							
7:00am			Complete Conditioning 7:30-8:30				Complete Conditioning 7:30-8:30							
7:30am			Drop-in Total Body Fitness 8:50-9:50				Drop-in Total Body Fitness 8:50-9:50							
8:00am			Boulder Lift 9:00-10:00				Drop-in Total Body Fitness 8:50-9:50				Boulder Lift 9:00-10:00		Drop-in Total Body Fitness 8:50-9:50	
8:30am	Open Gym 9:50-11:30				Camp 10:00-11:30		Open Gym 9:50-11:30		Camp 10:00-11:30					
9:00am	Open Gym 10:00-12:00		Open Gym 9:50-11:30		Open Gym 10:00-12:00		Open Gym 9:50-11:30		Camp 10:00-11:30		Drop-in Volleyball 9:30-12:00		Open Gym 11:00-2:00	
9:30am	Drop-in Sprts Conditioning 12:00-1:00		Drop-in Adult Basketball 11:30-1:30		Drop-in Sprts Conditioning 12:00-1:00		Drop-in Adult Basketball 11:30-1:30		Drop-in Sprts Conditioning 12:00-1:00		Open Gym 12:00-2:00			
10:00am	Sr. Vball 1:30-3:30		Drop-in Pickleball 1:30-3:30		Adult Bball 1:00-2:30		Drop-in Pickleball 1:30-3:30		Open Gym 1:00-5:00		Camp 1:30-4:30			
10:30am	Camp 1:30-4:30		Camp 3:30-4:30		Camp 2:30-4:30		Camp 3:30-4:30		Drop-in Badminton 5:00-6:45					
11:00am	Open Gym 1:00-6:00		Open Gym 3:30-8:30		Open Gym 1:00-6:00		Open Gym 4:15-8:30							
11:30am	Drop-in Pickleball 6:00-8:15		Open Gym 3:30-8:30		Drop-in Pickleball 6:00-8:15									
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GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to <http://www.boulderparks-rec.org>